



# April 2017 Schedule

Fitness in the Park is a year-round free exercise program that brings a variety of fitness opportunities to parks and recreational facilities across San Antonio. Getting started is easy! Just take a look at the current schedule and join us! There is no registration required and classes are open to all fitness levels.



PARKS & RECREATION  
SAN ANTONIO




@SAParksFitness

**WEATHER HOTLINE (210) 207-3128**



# Boot Camp

Boot camps and circuit training classes include a variety of activities geared towards increasing endurance, power, strength, stamina, and speed. Exercises will also focus on flexibility and agility, giving you a great total body workout. An exercise “circuit” refers to one completion of all prescribed exercises in the program.

Class Name		Location	Day(s)	Time	Meeting Place
Thunderstruck Boot Camp		Garza Park 1450 Mira Vista	Mon / Wed	6:30 pm	Inside Garza Community Center
Adult Boot Camp	  	Harlandale Park 7227 Briar Place	Mon	6:30 pm	Inside Harlandale Community Center
Boot Camp		South San Park 2031 Quintana	Mon	6:30 pm	Inside South San Community Center <b>*No class Apr 17</b>
Boot Camp	 	Travis Park 301 E Travis	Wed	5:30 pm	In the park
Body Conditioning	 	Labor Street Park 645 Labor Street	Wed	7:00 pm	Next to the outdoor fitness stations
Body Conditioning	  	Cuellar Park 5626 San Fernando	Fri	6:00 pm	Inside Cuellar Community Center <b>*No class Apr 28</b>
Adult Boot Camp	  	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	6:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Adult Boot Camp	 	Copernicus Park 5003 Lord Rd	Mon	6:30 pm	Inside Copernicus Community Center
Boot Camp hosted by Camp Gladiator		Tom Slick Park 7400 Highway 151	Sat, April 8	8:30 am	At the outdoor basketball court
Boot Camp hosted by Camp Gladiator		Garza Park 1450 Mira Vista	Sat, April 8	6:30 pm	At the outdoor tennis courts
Boot Camp hosted by Camp Gladiator		Garza Park 1450 Mira Vista	Sun, April 9	5:30pm	At the outdoor tennis courts

## SCHEDULE LEGEND



Outdoor Class



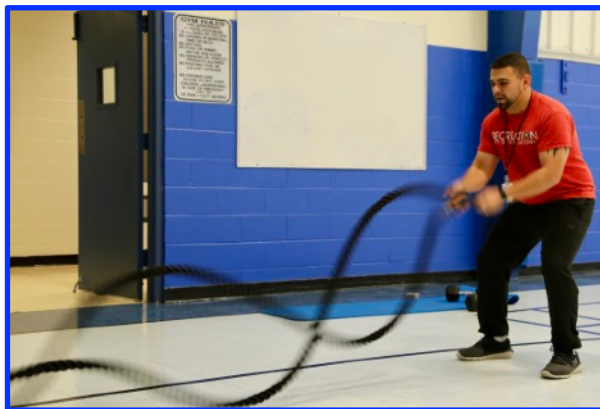
Indoor Class



Outdoor During Nice Weather  
Indoor During Bad Weather


















Troops for Fitness Class
















# Circuit Training

Class Name			Location	Day(s)	Time	Meeting Place
Adult Circuit Training			McAllister Park 13102 Jones Maltsberger	Sat	10:00 am	At the outdoor fitness stations <b>*No class Apr 22</b>
Adult Circuit Training			Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues	6:00 pm	Inside Enrique Barrera Fitness Center
Adult Circuit Training			Bonnie Conner Park 13300 Woller	Thurs	5:30 pm	In the Igo Library parking lot
Adult Circuit Training			Lou Kardon Park 6161 Gibbs Sprawl Rd.	Mon / Wed	8:30 am	At the playground
Outdoor Circuit Training hosted by the Mays Family YMCA			Panther Springs Park 21456 Blanco	Mon / Wed	8:30 am	Check in at the Mays YMCA reception desk
Adult Circuit Training (30 minutes)			Walker Ranch Park 12603 West Ave.	Mon	5:15 am	Next to the pavilion
Adult Circuit Training			Phil Hardberger Park West 8400 NW Military Hwy	Sun	11:00 am	Next to the basketball courts
Adult Circuit Training			Collins Garden Park 1525 Nogalitos	Mon	6:00 pm	At the pavilion
Energy Circuit			Phil Hardberger Park East 13203 Blanco	Sat	8:00 am	Near the outdoor classroom <b>*No class Apr 22</b>
GoWOA Functional Training			McAllister Park 13102 Jones Maltsberger	Sat, Apr 1	10:00 am	At Pavilion 2

# Low Impact Circuit Training

Low Impact workouts are a great way to get active while reducing the risk of injury! Low Impact Circuit Training classes are easier on the body, especially the joints, while still offering great full body workout!



Class Name		Location	Day(s)	Time	Meeting Place
Adult Chair Exercises		Lackland Terrace Park 7902 Westshire	Tue	9:30 am	Inside Gill Community Center
Functional Fitness (Adults and Seniors)		Lions Field Park 2809 Broadway	Thurs	8:30 am	Inside Lions Field Adult and Senior Center
Adult Intermediate Low Impact Circuit Training	 	Lackland Terrace Park 7902 Westshire	Wed	10:00 am	Inside Gill Community Center
Adult Low Impact Circuit Training	 	Lackland Terrace Park 7902 Westshire	Wed	11:00 am	Inside Gill Community Center
Low Impact Circuit Training	  	Parman Library 20735 Wilderness Oak	Mon	10:00 am	Inside Parman Library
Adult Low Impact Circuit Training	 	Granados Park 500 Freiling	Tue / Thurs	12:30 pm	Inside Granados Adult & Senior Center <b>*No class Apr 4</b>



# Strength Training, Cross Training, and more!

Core Rhythms is an energy packed abdominal workout with movements based around the beat of the music! Cross Training is a full body workout that mixes aerobics, strength training, and flexibility. Speed & Agility training utilizes cone and ladder drills to increase foot speed and athletic performance.




Class Name		Location	Day(s)	Time	Meeting Place
Core Rhythm		Harlandale Park 7227 Briar Place	Tues	6:00 pm	Inside Harlandale Community Center
Core Rhythm		South Side Lions 3100 Hiawatha	Thurs	6:00 pm	Inside South Side Lions Community Center
Strength Training	  	Cuellar Park 5626 San Fernando	Fri	5:00 pm	Inside Cuellar Community Center <b>*No Class Apr 28</b>
Cross Training		Garza Park 1450 Mira Vista	Tues / Thurs	6:30 pm	Inside Garza Community Center
Speed & Agility	 	Pearsall Park 4700 Old Pearsall Rd	Tues	7:00 pm	At the pavilion
Agility & Stability	 	Pearsall Park 4700 Old Pearsall Rd	Mon	9:30 am	At the pavilion

## In the Pool

























Aqua Fitness is a great way to stay cool while getting a low impact workout. The water provides resistance and a soothing motion for your joints.



Class Name		Location	Day(s)	Time	Meeting Place
Aqua Fitness		San Antonio Natatorium 1430 W. Cesar Chavez	Tues / Thurs	11:30 am	Inside the natatorium

# Interval Training

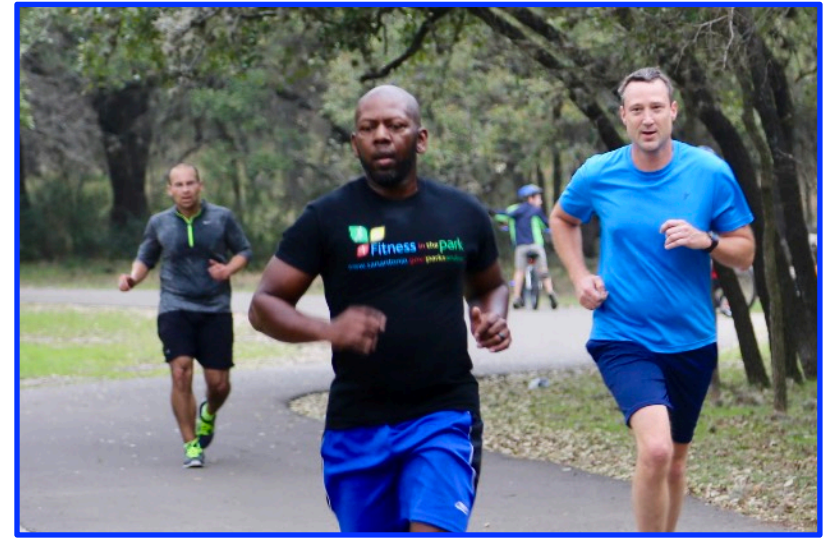
Interval Training includes many of the same movements that make up a boot camp or circuit training session. What makes interval training unique is the way in which the exercise is prescribed. Typically, participants will engage in an exercise for bursts of high intensity or effort followed by a short period of lower intensity movement. This pattern is repeated throughout the session giving everyone a complete body work out.












Class Name		Location	Day(s)	Time	Meeting Place
Interval Training	  	Joe Ward Park 435 E. Sunshine	Wed	6:30 pm	Inside Ward Community Center
Interval Training		Bonnie Conner Park 13300 Woller	Thurs	6:30 pm	In the Igo Library parking lot
Interval Training	  	Highland Park 901 Rigsby	Tues	7:00 pm	Inside Bode Community Center
Interval Training		Phil Hardberger Park West 8400 NW Military Hwy	Sun	10:00 am	Next to the basketball courts
Interval Training		Walker Ranch Park 12603 West Ave.	Wed	7:00 pm	Next to the pavilion
Interval Training		Walker Ranch Park 12603 West Ave.	Mon	6:00 am	Next to the pavilion
Interval Training	  	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	7:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Interval Training	 	Phil Hardberger Park East 13203 Blanco	Sat	9:00 am	Near the outdoor classroom <b>*No class Apr 22</b>
Bodyweight HIIT	 	Enrique M. Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Thurs	7:00 pm	Inside Enrique M. Barrera Fitness Center
Interval Training	 	South Side Lions Park 3100 Hiawatha	Mon	7:00 pm	Inside South Side Lions Community Center
Interval Training	  	Dawson Park 2500 E. Commerce	Wed	6:30 pm	Inside Dawson Community Center
Bodyweight HIIT	 	Pearsall Park 4700 Old Pearsall Rd	Tues	6:00 pm	At the Fitness Challenge Zone



# Cross Fit

Cross Fit is an effective way to get fit. Anyone can do it. It is a fitness program that combines a wide variety of functional movements into a timed or scored workout. Classes offer pull-ups, squats, push-ups, weightlifting, gymnastics, running, and a host of other movements. Always varied, always changing, always producing results.



Class Name		Location	Day(s)	Time	Meeting Place
Cross Fit	  	Highland Park 901 Rigsby	Tues	6:00 pm	Inside Bode Community Center
Cross Fit	  	Harlandale Park 7227 Briar Place	Mon	7:30 pm	Inside Harlandale Community Center
Cross Fit	 	McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	At the Turkey Roost pavilion <b>*No class Apr 22</b>
Cross Fit	  	Joe Ward Park 435 E. Sunshine	Wed	7:30 pm	Inside Ward Community Center

## SCHEDULE LEGEND



Outdoor Class



Indoor Class



Outdoor During Nice Weather  
Indoor During Bad Weather




Troops for Fitness Class



**Fitness in the park**  
[www.saparksandrec.com](http://www.saparksandrec.com)

# Yoga, Tai Chi and Meditation

Exercise your mind, body and soul. Yoga helps reduce anxiety, improve flexibility, relieve stress and improve respiratory functions. Looking for a more accessible option? Try our Chair Yoga class that utilizes a chair for added support, while still improving strength and flexibility. Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner, great for stretching and serenity. Guided Meditation will introduce participants to the practice of concentrated focus to increase awareness, reduce stress, and promote relaxation.

Class Name		Location	Day(s)	Time	Meeting Place
Meditation		Phil Hardberger Park West 8400 NW Military Hwy	Sat	4:00 pm	The deck of the Phil Hardberger Park Urban Ecology Center
Yoga		Phil Hardberger Park West 8400 NW Military Hwy	Sun	12:00 pm	Next to the basketball courts
Tai Chi		Pan American Library 1122 Pyron Ave.	Fri	11:00 am	Inside Pan American Library <b>*No class Apr 28</b>
Chair Yoga		Dorie Miller 2802 MLK Dr.	Sat	10:30 am	Inside Dorie Miller Community Center
Yoga		Dorie Miller 2802 MLK Dr.	Sat	11:30 am	Inside Dorie Miller Community Center
Yoga		Pan American Library 1122 Pyron Ave.	Sun	11:00 am	Inside Pan American Library <b>*No class Apr 16</b>
Yoga		LBJ Park 10700 Nacogdoches	Wed	6:00 pm	Inside Lou Hamilton Community Center
Yoga	 	Cuellar Park 5626 San Fernando	Tues	5:00 pm	Inside Cuellar Community Center <b>*No class Apr 18</b>
Yoga	 	Dawson Park 2500 E. Commerce	Fri	3:00 pm	At Dawson Community Center <b>*No class Apr 28</b>
Yoga		Collins Garden Park 1525 Nogalitos	Mon	7:00 pm	At the pavilion







Working out doesn't feel like work when you're having fun. That's why using dance is a great way to burn calories, tone up and increase your endurance. Our Zumba classes always feel like a party so come join us and party yourself into shape!









Class Name		Location	Day(s)	Time	Meeting Place
Zumba in partnership with Community First Health Plans		McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	At the Turkey Roost Pavilion <b>*No class Apr 22</b>
Zumba		Arnold Park 1011 Gillette	Tues	6:00 pm	Inside Ramirez Community Center
Zumba / Dance Mix hosted by the Y Living Center		Jimmy Flores Park 835 W. Southcross	Wed	6:30 pm	Inside the Y Living Center
Zumba hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	10:00 am	Check in at the Westside YMCA reception desk
Zumba hosted by the YMCA at OP Schnabel Park		O.P. Schnabel Park 9606 Bandera	Fri	6:00 pm	Check in at the YMCA at OP Schnabel Park reception desk
Zumba hosted by Community First Health Plans		Garza Park 1450 Mira Vista	Tues	6:30 pm	Inside Garza Community Center
Zumba hosted by Community First Health Plans		Cuellar Park 5626 San Fernando	Wed	6:00 pm	Inside Cuellar Community Center
Zumba in partnership with Community First Health Plans		South Side Lions 3100 Hiawatha	Thurs	7:00 pm	Inside South Side Lions Community Center
Zumba		Harlandale Park 7227 Briar Place	Tues	7:00 pm	Inside Harlandale Community Center
Zumba		Denver Heights Park 300 Porter	Tues	5:30 pm	Inside Denver Heights Community Center
Zumba		Palm Heights Park 1201 W. Malone	Tues	7:00 pm	Inside Palm Heights Community Center



# Dance Fitness

Dance is a great way to work on your overall fitness. It improves your cardiovascular endurance, muscular strength and balance. With a wide variety of dance classes including line, hip hop, belly dance, and folklorico, we have something for everyone.



Class Name		Location	Day(s)	Time	Meeting Place
Adult Belly Dancing		Lions Field Park 2809 Broadway	Tues	5:30 pm	Inside Lions Field Adult & Senior Center <b>*No class Apr 11</b>
Adult Belly Dancing		Granados Park 500 Freiling	Wed	12:30 pm	Inside Granados Adult & Senior Center <b>*No class Apr 5</b>
Adult Belly Dancing		Commander's House 622 S. Flores	Tues	2:30 pm	Inside Commander's House
Adult Caribe Rico Moderno		Lions Field Park 2809 Broadway	Tues	6:30 pm	Inside Lions Field Adult & Senior Center <b>*No class Apr 11</b>
Adult Caribe Rico Moderno		Granados Park 500 Freiling	Wed	1:30 pm	Inside Granados Adult & Senior Center <b>*No class Apr 5</b>
Adult Intro to Folklorico Dance		Granados Park 500 Freiling	Fri	11:00 am	Inside Granados Adult & Senior Center <b>*No class Apr 21 &amp; 28</b>
Adult Line Dancing		Lackland Terrace Park 7902 Westshire	Fri	10:00 am	Inside Gill Community Center <b>*No class Apr 28</b>
Adult Line Dancing		Granados Park 500 Freiling	Fri	10:00 am	Inside Granados Adult & Senior Center <b>*No class Apr 21 &amp; 28</b>
Bailar Es Vivir (A mix of dance styles)		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues / Thurs	5:30 pm	Inside Enrique Barrera Fitness Center <b>*Class taught in Spanish</b>
Belly Dancing		Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside Berta Almaguer Dance Studio
CIZE Live		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues	7:00 pm	Inside Enrique Barrera Fitness Center <b>*No class Apr 25</b>
CYPHER Hip Hop Dance *Ages 11 to adult		Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside Berta Almaguer Dance Studio



# Other Cardio

Body Combat is a non-contact, energetic program inspired by martial arts that draws from a wide array of disciplines such as karate, boxing, Taekwondo, Tai Chi, and Muay Tai. Supported by driving music, you will strike, kick, and punch your way through calories to superior cardiac fitness.

Body Flow is a mix of Yoga, Pilates, and Tai Chi. It focuses on strength, flexibility, and controlled breathing. The moves, stretches, and poses done in Body Flow are all performed to music.

Designed for all fitness levels, Body Pump uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, awesome instructors, Body Pump strengthens, tones and defines the body as nothing else can.




Our kickboxing class is a high energy, non-contact, martial arts based workout. Using body weight exercises and athletic drills, you will strengthen your legs, core, and arms, while improving your balance, stamina, and flexibility.

Tae Bo is a martial arts based workout made famous by Billy Banks. This fun-filled workout will tone your entire body.
















Go Fetch Run provides opportunities for people to exercise alongside their dogs, improving the physical and mental well-being of both and strengthening the bond between dogs and their owners.

Sports conditioning classes help athletes improve balance, strength, agility, and speed. All ages and ability levels are welcome. Basketball conditioning classes will focus on drills to help improve athletic performance on the court.

Have fun, enjoy the fresh air, and get some exercise with disc golf. Disc Golf rules are similar to those used in traditional golf. Join us to play a round at the Pearsall Park 18-hole course!

Class Name		Location	Day(s)	Time	Meeting Place
Cardio Kickboxing		Walker Ranch Park 12603 West Ave	Wed	6:00 pm	Next to the pavilion
Body Combat hosted by the Mays Family YMCA at Potranco		Mays Family YMCA at Potranco 8765 Hwy 151 Access Rd.	Sun	2:00 pm	Check in at the Mays Family YMCA at Potranco reception desk <b>*No class Apr 16</b>
Body Combat hosted by the Davis Scott YMCA		Pittman-Sullivan Park 1213 Iowa	Wed	6:30 pm	Check in at the Davis-Scott YMCA reception desk
Body Flow hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	12:00 pm	Check in at the Westside YMCA reception desk
Body Pump hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	11:00 am	Check in at the Westside YMCA reception desk
Tae Bo		Copernicus Park 5003 Lord Rd	Tues / Thurs	6:30 pm	Inside Copernicus Community Center
Go Fetch Run (Workout with your dog)		Phil Hardberger Park East 13203 Blanco Rd	Sat, Apr 1	9:00 am	Near the outdoor classroom
Sports Conditioning (Youth & Adult)		Normoyle Park 700 Culberson	Wed	5:00 pm	Inside Normoyle Community Center
Basketball Conditioning (Youth & Adult)		Copernicus Park 5003 Lord Rd	Wed	5:30 pm	Inside Copernicus Community Center <b>*No class Apr 12 &amp; 19</b>
Basketball Conditioning (Youth & Adult)		Dawson Park 2500 E Commerce	Tues	5:30 pm	Inside Dawson Community Center <b>*No class Apr 18</b>
Basketball Conditioning (Youth & Adult)		Woodlawn Lake Park 1103 Cincinnati	Thurs	5:00 pm	Inside Woodlawn Lake Park Community Health & Wellness Center (Gym)
Disc Golf		Pearsall Park 4700 Old Pearsall Rd	Mon	5:00 pm	At Tee #1 located near the parking lot behind the dog park <b>*No class Apr 10</b>

# Biking, Walking, And Running Groups

Class Name		Location	Day(s)	Time	Meeting Place
Social Walk		Lackland Terrace Park 7902 Westshire	Mon	10:00 am	Inside Gill Community Center
Walking Group		Villa Coronado Park 11030 Ruidosa St	Mon / Wed	6:00 pm	Inside Father Roman Community Center
Endurance Run hosted by Honor 22		McAllister Park 13102 Jones Maltsberger	Mon	1:00 pm	At the Turkey Roost pavilion <b>*No class Apr 17</b>
Trail Ruck hosted by Honor 22		McAllister Park 13102 Jones Maltsberger	Sun	9:00 am	At the Turkey Roost pavilion <b>*No class Apr 16</b>
Trail Running hosted by Honor 22		Friedrich Wilderness Park 21395 Milsa Rd	Wed	9:00 am	At the pavilion
Group Run hosted by Honor 22		Walker Ranch Park 12603 West Ave.	Wed, Apr 5	6:00 pm	At the pavilion
H.E.R.O. Bike Group hosted by Honor 22		McAllister Park 13102 Jones Maltsberger	Fri	1:00 pm	At the Turkey Roost pavilion <b>*Must bring your own bike. *No class Apr 14</b>
Share the Trails with a Trail Steward (Walk or Ride)		LBJ Park 10700 Nacogdoches	Sat, Apr 1 Wed, Apr 19	9:00 am	At the trailhead <b>*Must bring your own bike</b>
Walking Group	 	Woodlawn Lake Park 1103 Cincinnati	Mon, Apr 24 Thurs, Apr 27	5:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Walking Group		Commander's House 622 S. Flores	Tues, Apr 25 Thurs, Apr 27	9:00 am	On the Porch of the Commander's House
Troop Trek	 	McAllister Park 13102 Jones Maltsberger	Sat, Apr 8 Sat, Apr 29	8:00 am	At the Turkey Roost Pavilion
Trail Hike hosted by Go365		O.P. Schnabel Park 9606 Bandera Rd	Sat, Apr 1	9:00 am	Next to the playground <b>*Registration recommended at</b> <a href="http://www.eventbrite.com">www.eventbrite.com</a> search: Go Hike with Go365
Cycling Group		Garza Park 1450 Mira Vista	Mon / Wed	7:00 pm	Inside Garza Community Center <b>*Bike and helmet required. *No class Apr 3 &amp; 5</b>
Walking & Running Group		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues	11:00 am	Inside Enrique Barrera Fitness Center <b>*No class Apr 4</b>
Walking Group		South Side Lions Park 3100 Hiawatha	Wed, Apr 26	6:00 pm	Inside South Side Lions Community Center



# Walk This Way














*Walk This Way* powered by Humana offers adults (18+) the opportunity to learn the fundamentals of walking, jogging, and training for 5K races. Throughout the program, *Walk This Way* instructors will incorporate both educational and physical fitness sessions focusing on nutrition, general wellness, proper exercise form, walking, jogging, stretching and endurance.

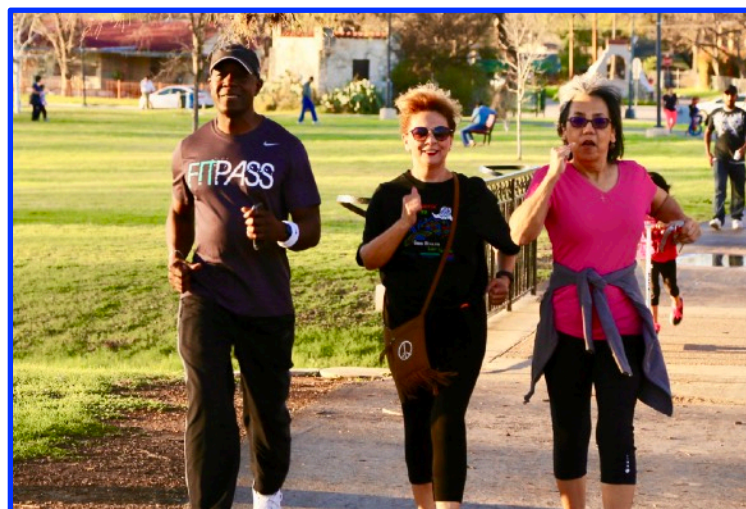
Walking distances will increase during each session building up to a free 5K Walk/Run celebration on April 22nd at South Side Lions Park (3100 Hiawatha). Participants of *Walk This Way* will be encouraged to enter the race to earn some great incentives.

*Walk This Way* 2017 is be offered in 10 locations across San Antonio.

**\*\*\*Program ends on April 21\*\*\***

Class Name	Location	Day(s)	Time	Meeting Place
<i>Walk This Way</i> San Antonio 	Bonnie Conner Park 13300 Woller	Mon	5:30 pm	Inside Igo Library
<i>Walk This Way</i> San Antonio 	Bonnie Conner Park 13300 Woller	Sat	10:30 am	Inside Igo Library
<i>Walk This Way</i> San Antonio 	Commander's House 622 S. Flores	Tues / Thurs	9:00 am	On the porch of the Commander's House
<i>Walk This Way</i> San Antonio 	Copernicus Park 5003 Lord Rd.	Tues / Thurs	6:30 pm	Inside Copernicus Community Center
<i>Walk This Way</i> San Antonio 	Cuellar Park 5626 San Fernando	Mon / Wed	6:00 pm	Inside Cuellar Community Center
<i>Walk This Way</i> San Antonio 	LBJ Park 10700 Nacogdoches	Wed	6:00 pm	Inside Hamilton Community Center
<i>Walk This Way</i> San Antonio 	LBJ Park 10700 Nacogdoches	Sat	9:15 am	Inside Hamilton Community Center
<i>Walk This Way</i> San Antonio 	Miller's Pond Park 6175 Old Pearsall	Tues	7:00 pm	Inside Miller's Pond Community Center
<i>Walk This Way</i> San Antonio 	Miller's Pond Park 6175 Old Pearsall	Sat	11:00 am	Inside Miller's Pond Community Center
<i>Walk This Way</i> San Antonio 	Normoyle Park 700 Culberson	Mon	6:30 pm	Inside Normoyle Community Center
<i>Walk This Way</i> San Antonio 	Normoyle Park 700 Culberson	Sat	11:00 am	Inside Normoyle Community Center









Class Name	Location	Day(s)	Time	Meeting Place
<i>Walk This Way</i> San Antonio 	South Side Lions Park 3100 Hiawatha	Wed	6:30 pm	Inside South Side Lions Community Center
<i>Walk This Way</i> San Antonio 	South Side Lions Park 3100 Hiawatha	Sat	10:00 am	Inside South Side Lions Community Center
<i>Walk This Way</i> San Antonio 	Walker Ranch Park 12603 West Ave.	Tues	6:00 pm	Next to the pavilion
<i>Walk This Way</i> San Antonio 	Walker Ranch Park 12603 West Ave.	Sat	1:00 pm	Next to the pavilion
<i>Walk This Way</i> San Antonio 	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	5:15 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym)





# Just for Kids



Fitness in the Park is proud to offer free exercise classes specifically designed for kids! With childhood obesity rates on the rise, it's important that our children stay active and understand the importance of a healthy lifestyle. Our youth fitness classes are so fun, they won't even realize they're working out!

Class Name		Location	Day(s)	Time	Meeting Place
Youth Basketball Conditioning (Middle School Boys and Girls)		Arnold Park 1011 Gillette	Sat	2:00 pm	Inside Ramirez Community Center <b>*No class Apr 1 &amp; 29</b>
Youth Basketball Conditioning (High School Boys and Girls)		Arnold Park 1011 Gillette	Sat	3:00 pm	Inside Ramirez Community Center <b>*No class Apr 1 &amp; 29</b>
Youth Speed & Agility	 	Dawson Park 2500 E. Commerce	Wed	5:30 pm	Inside Dawson Community Center
Youth Circuit Training	 	South Side Lions Park 3100 Hiawatha	Mon	6:00 pm	Inside South Side Lions Community Center
Cheerleading Conditioning		San Juan Brady Park 2307 S Calaveras	Mon	5:30 pm	Inside San Juan Community Center <b>*No class Apr 3</b>
Cheerleading Conditioning		Palm Heights Park 1201 W Malone	Wed	5:30 pm	Inside Palm Heights Community Center <b>*No class Apr 5</b>

# Family Fitness

Stroller Strides is a unique fitness experience that allows you to bond with your child while still getting a good workout. Lack of child care is no longer an excuse to miss your workout.




Class Name		Location	Day(s)	Time	Meeting Place
Stroller Strides by Fit 4 Mom		Phil Hardberger Park East 13203 Blanco	Tues	9:30 am	Picnic tables <b>*For inclement weather cancellations call (210) 247-8820</b>
Stroller Strides by Fit 4 Mom		Phil Hardberger Park East 13203 Blanco	Sat, Apr 1	9:00 am	Picnic tables <b>*For inclement weather cancellations call (210) 247-8820</b>

# Net Sports

Whether you're new to tennis or just want to brush up on your skills, our non-competitive tennis sessions hosted by the San Antonio Tennis Association are perfect for those that want to get back into the "swing" of things. For a variation on traditional tennis, try table tennis, pickleball, or adult modified tennis. RoTenGo involves fast, close volleys - it looks like ping pong (table tennis) on the ground. This hybrid of tennis and ping pong is an exciting game with nonstop action that can be played by people of all ages both indoor and outdoor.



Class Name		Location	Day(s)	Time	Meeting Place
Adult Table Tennis		Mission Library 3134 Roosevelt	Tues / Thurs	1:00 pm to 3:00 pm	Inside Mission Library
Adult Table Tennis		Mission Library 3134 Roosevelt	Sat	3:30 pm to 5:00 pm	Inside Mission Library
Adult Modified Tennis	 	Granados Park 500 Freiling	Mon	9:30 am to 10:30 am	Inside Granados Adult & Senior Center
Pickleball		LBJ Park 10700 Nacogdoches	Sat	9:00 am to 1:00 pm	Inside Lou Hamilton Community Center <b>*No class Apr 1 &amp; 22</b>
Adult Pickleball	 	Granados Park 500 Freiling	Mon	10:30 am to 11:30 am	Inside Granados Adult & Senior Center
Beginner Tennis (Ages 6+)		McFarlin Tennis Center 1503 San Pedro	Thurs	6:00 pm to 7:30 pm	Courts 17-19 <b>*No class Apr 27</b>
RoTenGo for Seniors (Ages 50+)		Hemisfair Park 434 S Alamo St	Mon	10:00 am	Yanaguana Garden and Playground



# Troops for Fitness

dwr4.me

*Troops for Fitness* is a series of fitness classes taught by skilled military veterans. The San Antonio Parks and Recreation Department is proud to offer veteran led fitness classes.

Keep your eyes out for the *Troops for Fitness* logo and support your veteran led classes.

The following *Fitness in the Park* classes found within this schedule are official *Troops for Fitness* classes:

- **Adult Boot Camp**

Harlandale Park  
Travis Park  
Woodlawn Lake Park

- **Circuit Training**

Bonnie Conner Park  
Lou Kardon Park  
McAllister Park  
Labor Street Park  
Southside Lions Park  
Hardberger Park East

- **Low Impact Circuit**

Lackland Terrace Park  
Parman Library  
Granados Park

- **Interval Training**

Bonnie Conner Park  
Ward Park  
Dawson Park  
Highland Park  
Woodlawn Lake Park  
Hardberger Park East  
South Side Lions Park  
Pearsall Park  
Barrera Fitness Center

- **Body Conditioning**

Labor Street Park  
Cuellar Park

- **Speed and Agility**

Dawson Park  
Pearsall Park

- **Cross Fit**

McAllister Park  
Harlandale Park  
Highland Park  
Ward Park

- **Walking/Running Group**

Woodlawn Lake Park  
McAllister Park

- **Strength Training**

Cuellar Park

- **Yoga**

Cuellar Park





## Get to know Instructor Gloria

Gloria Jones is a Zumba, Zumba Toning, and Core Rhythms instructor. She has been teaching fitness classes for 5 years, and has been with the Fitness in the Park program for over 3 years! Gloria's classes are up-tempo and full of energy, but all fitness levels are welcome. Gloria's goals for every class is to provide a great workout that is safe and a lot of fun for all participants. Come visit Gloria at any of the classes she instructs; see her schedule below!



### **Tuesday**

Harlandale Park  
7227 Briar Pl

6:00pm - Core Rhythms  
7:00pm - Zumba

### **Thursday**

South Side Lions Park  
3100 Hiawatha

6:00pm - Core Rhythms  
7:00pm - Zumba

### **Saturday**

McAllister Park  
13102 Jones Maltzberger

9:00am - Zumba

  
Fitness in the Park  
*Spotlight*  
April 2017







CITY OF SAN ANTONIO  
PARKS & RECREATION

# 5K **WALK THIS WAY** WALK & RUN

POWERED BY **Humana**

**FREE!**

**APRIL 22, 2017**

**SOUTH SIDE LIONS PARK, 3100 HIAWATHA**  
CHECK-IN STARTS AT 7AM & RACE AT 8AM/ ALL AGES WELCOME  
LIMITED CHIP-TIMED SLOTS AVAILABLE/ REGISTER FOR FREE AT [WWW.IAPWEB.COM](http://WWW.IAPWEB.COM)

[WWW.SAPARKSANDREC.COM](http://WWW.SAPARKSANDREC.COM)



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## Weekly Schedule

## March - April 2017

Monday March 27	Tuesday March 28	Wednesday March 29	Thursday March 30	Friday March 31	Saturday April 1	Sunday April 2
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>9:00 am</b> Walk This Way Commander's House Park	<b>8:30 am</b> Circuit Training Panther Springs Park	<b>8:30 am</b> Functional Fitness Lions Field Park	<b>10:00 am</b> Line Dancing Lackland Terrace Park	<b>8:00 am</b> Energy Circuit Phil Hardberger Park East	<b>9:00 am</b> Trail Run McAllister Park
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>9:30 am</b> Chair Exercises Lackland Terrace Park	<b>Circuit Training</b> Lou Kardon Park	<b>9:00 am</b> Walk This Way Commander's House Park	<b>Line Dancing</b> Granados Park	<b>9:00 am</b> Interval Training Phil Hardberger Park East	<b>10:00 am</b> Interval Training Phil Hardberger Park West
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>Stroller Strides</b> Phil Hardberger Park East	<b>9:00 am</b> Trail Running Friedrich Park	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>11:00 am</b> Tai Chi Pan American Library	<b>Cross Fit</b> McAllister Park	<b>11:00 am</b> Circuit Training Phil Hardberger Park West
<b>Circuit Training</b> Lou Kardon Park	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>10:00 am</b> Adult Intermediate Low Impact Circuit Lackland Terrace Park	<b>12:30 pm</b> Adult Low Impact Circuit Granados Park	<b>Intro to Folklorico Dance</b> Granados Park	<b>Belly Dancing</b> Berta Almaguer Dance Studio	<b>Yoga</b> Pan American Library
<b>9:30 am</b> Agility & Stability Pearsall Park	<b>12:30 pm</b> Adult Low Impact Circuit Granados Park	<b>11:00 am</b> Adult Low Impact Circuit Lackland Terrace Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>1:00 pm</b> HERO Bike Group McAllister Park	<b>CYPHER</b> Berta Almaguer Dance Studio	<b>Yoga</b> Phil Hardberger Park West
<b>Modified Tennis</b> Granados Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>12:30 pm</b> Belly Dancing Granados Park	<b>5:15 pm</b> Walk This Way Woodlawn Lake Park	<b>3:00 pm</b> Yoga Dawson Park	<b>Go Fetch Run</b> Phil Hardberger Park East	<b>2:00 pm</b> Body Combat Mays YMCA at Potranco
<b>10:00 am</b> Low Impact Circuit Parman Library	<b>2:30 pm</b> Belly Dancing Commander's House	<b>1:30 pm</b> Caribe Rico Moderno Granados Park	<b>5:30 pm</b> Circuit Training Bonnie Conner Park	<b>5:00 pm</b> Strength Training Cuellar Park	<b>Trail Hike by Go365</b> O.P. Schnabel Park	
<b>10:30 am</b> Adult Pickleball Granados Park	<b>5:00 pm</b> Yoga Cuellar Park	<b>5:30 pm</b> Boot Camp Travis Park	<b>Bailar es Vivir</b> Enrique Barrera FC	<b>6:00 pm</b> Body Conditioning Cuellar Park	<b>9:15 am</b> Walk This Way LBJ Park	
<b>1:00 pm</b> Endurance Run McAllister Park	<b>5:30 pm</b> Zumba Denver Heights	<b>6:00 pm</b> Yoga LBJ Park	<b>6:00 pm</b> Core Rhythm South Side Lions Park	<b>Zumba</b> O.P. Schnabel Park	<b>10:00 am</b> Circuit Training McAllister Park	
<b>5:15 pm</b> Walk This Way Woodlawn Lake Park	<b>Belly Dancing</b> Lions Field Park	<b>Zumba</b> Cuellar Park	<b>Beginner Tennis</b> McFarlin Tennis Center		<b>GoWOA Functional Training</b> McAllister Park	
<b>5:30 pm</b> Walk This Way Bonnie Conner Park	<b>Bailar es Vivir</b> Enrique Barrera FC	<b>Cardio Kickboxing</b> Walker Ranch Park			<b>Zumba</b> Rosedale Park	
<b>6:00 pm</b> Circuit Training Collins Garden Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>Walking Group</b> Villa Coronado Park	<b>6:30 pm</b> Boot Camp Woodlawn Lake Park		<b>Walk This Way</b> South Side Lions Park	
<b>Walking Group</b> Villa Coronado Park	<b>Core Rhythm</b> Harlandale Park	<b>Walk This Way</b> Cuellar Park	<b>Cross Training</b> Garza Park		<b>Chair Yoga</b> Dorie Miller Park	
<b>Walk This Way</b> Cuellar Park	<b>Bodyweight HIIT</b> Pearsall Park	<b>Walk This Way</b> LBJ Park	<b>Interval Training</b> Bonnie Conner Park		<b>Walk This Way</b> Bonnie Conner Park	
<b>Youth Circuit Training</b> South Side Lions Park	<b>Cross Fit</b> Highland Park	<b>Boot Camp</b> Garza Park	<b>Tae Bo</b> Copernicus Park			
	<b>Zumba</b> Arnold Park	<b>Interval Training</b> Joe Ward Park	<b>Walk This Way</b> Copernicus Park			
<b>6:30 pm</b> Boot Camp Garza Park	<b>Zumba</b> Jimmy Flores Park	<b>Interval Training</b> Dawson Park				
<b>Boot Camp</b> Harlandale Park	<b>Body Combat</b> Pittman-Sullivan Park	<b>Zumba</b> South Side Lions Park				
<b>Boot Camp</b> South San Park	<b>Walk This Way</b> South Side Lions Park	<b>Body Conditioning</b> Labor Street				
<b>Boot Camp</b> Woodlawn Lake Park	<b>Walk This Way</b> Copernicus Park	<b>Interval Training</b> Walker Ranch Park				
<b>Walk This Way</b> Normoyle Park	<b>Cross Training</b> Garza Park	<b>Cross Fit</b> Joe Ward Park				
	<b>Zumba</b> Garza Park					
<b>7:00 pm</b> Interval Training South Side Lions Park	<b>Caribe Rico Moderno</b> Lions Field Park					
<b>Yoga</b> Collins Garden Park	<b>Tae Bo</b> Copernicus Park					
	<b>Walk This Way</b> Copernicus Park					
<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>Speed &amp; Agility</b> Pearsall Park					
<b>Cross Fit</b> Harlandale Park	<b>Interval Training</b> Highland Park					
	<b>Zumba</b> Harlandale Park					
	<b>Zumba</b> Palm Heights Park					
	<b>CIZE Live</b> Enrique Barrera FC					
	<b>Walk This Way</b> Miller's Pond Park					

# Weekly Schedule

April 2017

Monday April 3	Tuesday April 4	Wednesday April 5	Thursday April 6	Friday April 7	Saturday April 8	Sunday April 9
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>9:00 am</b> Walk This Way Commander's House Park	<b>8:30 am</b> Circuit Training Panther Springs Park	<b>8:30 am</b> Functional Fitness Lions Field Park	<b>10:00 am</b> Line Dancing Lackland Terrace Park	<b>8:00 am</b> Energy Circuit Phil Hardberger Park East	<b>9:00 am</b> Trail Ruck McAllister Park
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>9:30 am</b> Chair Exercises Lackland Terrace Park	<b>9:00 am</b> Circuit Training Lou Kardon Park	<b>9:00 am</b> Walk This Way Commander's House Park	<b>Line Dancing</b> Granados Park	<b>Troop Trek</b> McAllister Park	<b>10:00 am</b> Interval Training Phil Hardberger Park West
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>Stroller Strides</b> Phil Hardberger Park East	<b>9:00 am</b> Trail Running Friedrich Park	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>11:00 am</b> Tai Chi Pan American Library	<b>8:30 am</b> Boot Camp Tom Slick Park	<b>11:00 am</b> Circuit Training Phil Hardberger Park West
<b>Circuit Training</b> Lou Kardon Park	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>10:00 am</b> Adult Intermediate Low Impact Circuit Lackland Terrace Park	<b>12:30 pm</b> Adult Low Impact Circuit Granados Park	<b>Intro to Folklorico Dance</b> Granados Park	<b>9:00 am</b> Interval Training Phil Hardberger Park East	<b>Yoga</b> Pan American Library
<b>9:30 am</b> Agility & Stability Pearsall Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>11:00 am</b> Adult Low Impact Circuit Lackland Terrace Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>1:00 pm</b> HERO Bike Group McAllister Park	<b>Cross Fit</b> McAllister Park	<b>12:00 pm</b> Yoga Phil Hardberger Park West
<b>Modified Tennis</b> Granados Park	<b>2:30 pm</b> Belly Dancing Commander's House	<b>5:30 pm</b> Boot Camp Travis Park	<b>5:15 pm</b> Walk This Way Woodlawn Lake Park	<b>3:00 pm</b> Yoga Dawson Park	<b>Zumba</b> McAllister Park	<b>Body Combat</b> Mays YMCA at Potranco
<b>10:00 am</b> Low Impact Circuit Parman Library	<b>5:00 pm</b> Yoga Cuellar Park	<b>Youth Speed &amp; Agility</b> Dawson Park	<b>5:30 pm</b> Circuit Training Bonnie Conner Park	<b>5:00 pm</b> Strength Training Cuellar Park	<b>Belly Dancing</b> Berta Almaguer Dance Studio	
<b>Social Walk</b> Lackland Terrace Park	<b>5:30 pm</b> Zumba Denver Heights	<b>6:00 pm</b> Yoga LBJ Park	<b>Bailar es Vivir</b> Enrique Barrera FC	<b>6:00 pm</b> Body Conditioning Cuellar Park	<b>CYPHER</b> Berta Almaguer Dance Studio	
<b>RoTenGo Seniors</b> Hemisfair Park	<b>Belly Dancing</b> Lions Field Park	<b>Cardio Kickboxing</b> Walker Ranch Park	<b>Walking Group</b> Villa Coronado Park	<b>Zumba</b> O.P. Schnabel Park	<b>Pickleball</b> LBJ Park	
<b>10:30 am</b> Adult Pickleball Granados Park	<b>Bailar es Vivir</b> Enrique Barrera FC	<b>Walking Group</b> Villa Coronado Park	<b>Walk This Way</b> Cuellar Park		<b>9:15 am</b> Walk This Way LBJ Park	<b>5:30 pm</b> Boot Camp Garza Park
<b>1:00 pm</b> Endurance Run McAllister Park	<b>Circuit Training</b> Enrique Barrera FC	<b>Walk This Way</b> Cuellar Park	<b>Walk This Way</b> LBJ Park		<b>10:00 am</b> Circuit Training McAllister Park	
<b>5:15 pm</b> Walk This Way Woodlawn Lake Park	<b>Core Rhythm</b> Harlandale Park	<b>Walk This Way</b> LBJ Park	<b>Group Run</b> Walker Ranch Park		<b>Zumba</b> Rosedale Park	
<b>5:30 pm</b> Walk This Way Bonnie Conner Park	<b>Bodyweight HIIT</b> Pearsall Park	<b>6:30 pm</b> Boot Camp Garza Park	<b>Interval Training</b> Joe Ward Park		<b>Walk This Way</b> South Side Lions Park	
<b>6:00 pm</b> Circuit Training Collins Garden Park	<b>Cross Fit</b> Highland Park	<b>Interval Training</b> Dawson Park	<b>Interval Training</b> Bonnie Conner Park		<b>10:30 am</b> Chair Yoga Done Miller Park	
<b>Walking Group</b> Villa Coronado Park	<b>Zumba</b> Arnold Park	<b>Body Combat</b> Pittman-Sullivan Park	<b>Tae Bo</b> Copernicus Park		<b>Walk This Way</b> Bonnie Conner Park	
<b>Walk This Way</b> Cuellar Park	<b>Walk This Way</b> Walker Ranch Park	<b>Walk This Way</b> South Side Lions Park	<b>Walk This Way</b> Copernicus Park			
<b>Youth Circuit Training</b> South Side Lions Park	<b>Cross Training</b> Garza Park	<b>Body Conditioning</b> Labor Street	<b>Speed &amp; Agility</b> Pearsall Park		<b>11:00 am</b> Body Pump Rosedale Park	
<b>6:30 pm</b> Boot Camp Copernicus Park	<b>Zumba</b> Garza Park	<b>Interval Training</b> Walker Ranch Park	<b>Interval Training</b> Highland Park		<b>11:30 am</b> Yoga Dorie Miller	
<b>Boot Camp</b> Garza Park	<b>Caribe Rico Moderno</b> Lions Field Park	<b>Cross Fit</b> Joe Ward Park	<b>Zumba</b> Harlandale Park		<b>12:00 pm</b> Body Flow Rosedale Park	
<b>Boot Camp</b> Harlandale Park	<b>Tae Bo</b> Copernicus Park		<b>CIZE Live</b> Enrique Barrera FC		<b>1:00 pm</b> Walk This Way Walker Ranch Park	
<b>Boot Camp</b> South San Park	<b>Walk This Way</b> Copernicus Park		<b>Walk This Way</b> Miller's Pond Park		<b>3:30 pm</b> Table Tennis Mission Library	
<b>Boot Camp</b> Woodlawn Lake Park	<b>Speed &amp; Agility</b> Pearsall Park				<b>4:00 pm</b> Meditation Phil Hardberger Park West	
<b>Walk This Way</b> Normoyle Park	<b>Interval Training</b> Highland Park				<b>6:30 pm</b> Boot Camp Garza Park	
<b>7:00 pm</b> Interval Training South Side Lions Park	<b>Zumba</b> Palm Heights Park					
<b>Yoga</b> Collins Garden Park	<b>CIZE Live</b> Enrique Barrera FC					
<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>Walk This Way</b> Miller's Pond Park					
<b>Cross Fit</b> Harlandale Park						

Monday April 10	Tuesday April 11	Wednesday April 12	Thursday April 13	Friday April 14	Saturday April 15	Sunday April 16
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>9:00 am</b> Walk This Way Commander's House Park	<b>8:30 am</b> Circuit Training Panther Springs Park	<b>8:30 am</b> Functional Fitness Lions Field Park	<b>10:00 am</b> Line Dancing Lackland Terrace Park	<b>8:00 am</b> Energy Circuit Phil Hardberger Park East	<b>10:00 am</b> Interval Training Phil Hardberger Park West
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>9:30 am</b> Chair Exercises Lackland Terrace Park	<b>9:00 am</b> Circuit Training Lou Kardon Park	<b>9:00 am</b> Walk This Way Commander's House Park	<b>Line Dancing</b> Granados Park	<b>9:00 am</b> Interval Training Phil Hardberger Park East	<b>11:00 am</b> Circuit Training Phil Hardberger Park West
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>Stroller Strides</b> Phil Hardberger Park East	<b>9:00 am</b> Trail Running Friedrich Park	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>11:00 am</b> Tai Chi Pan American Library	<b>Cross Fit</b> McAllister Park	
<b>Circuit Training</b> Lou Kardon Park	<b>11:00 am</b> Walking/Running Group Enrique Barrera FC	<b>10:00 am</b> Adult Intermediate Low Impact Circuit Lackland Terrace Park	<b>12:30 pm</b> Adult Low Impact Circuit Granados Park	<b>Intro to Folklorico Dance</b> Granados Park	<b>Zumba</b> McAllister Park	<b>12:00 pm</b> Yoga Phil Hardberger Park West
<b>9:30 am</b> Agility & Stability Pearsall Park	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>11:00 am</b> Adult Low Impact Circuit Lackland Terrace Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>3:00 pm</b> Yoga Dawson Park	<b>Belly Dancing</b> Berta Almaguer Dance Studio	
<b>Modified Tennis</b> Granados Park				<b>5:00 pm</b> Strength Training Cuellar Park	<b>CYPHER</b> Berta Almaguer Dance Studio	
<b>10:00 am</b> Low Impact Circuit Parman Library	<b>12:30 pm</b> Adult Low Impact Circuit Granados Park	<b>12:30 pm</b> Belly Dancing Granados Park	<b>5:00 pm</b> Basketball Conditioning Woodlawn Lake Park		<b>Pickleball</b> LBJ Park	
<b>Social Walk</b> Lackland Terrace Park		<b>1:30 pm</b> Caribe Rico Moderno Granados Park	<b>5:15 pm</b> Walk This Way Woodlawn Lake Park	<b>6:00 pm</b> Body Conditioning Cuellar Park	<b>9:15 am</b> Walk This Way LBJ Park	
<b>RoTenGo Seniors</b> Hemisfair Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>5:00 pm</b> Sports Conditioning Normoyle Park	<b>5:30 pm</b> Circuit Training Bonnie Conner Park	<b>Zumba</b> O.P. Schnabel Park	<b>10:00 am</b> Circuit Training McAllister Park	
<b>10:30 am</b> Adult Pickleball Granados Park	<b>2:30 pm</b> Belly Dancing Commander's House	<b>5:30 pm</b> Boot Camp Travis Park	<b>Bailar es Vivir</b> Enrique Barrera FC		<b>Zumba</b> Rosedale Park	
<b>1:00 pm</b> Endurance Run McAllister Park	<b>5:00 pm</b> Yoga Cuellar Park	<b>5:30 pm</b> Cheerleading Conditioning Palm Heights Park	<b>6:00 pm</b> Core Rhythm South Side Lions Park		<b>Walk This Way</b> South Side Lions Park	
<b>5:15 pm</b> Walk This Way Woodlawn Lake Park	<b>5:30 pm</b> Zumba Denver Heights	<b>6:00 pm</b> Yoga LBJ Park	<b>6:30 pm</b> Beginner Tennis McFarlin Tennis Center		<b>10:30 am</b> Chair Yoga Dorie Miller Park	
<b>5:30 pm</b> Walk This Way Bonnie Conner Park	<b>Bailar es Vivir</b> Enrique Barrera FC	<b>6:30 pm</b> Zumba Cuellar Park	<b>6:00 pm</b> Core Rhythm South Side Lions Park		<b>Walk This Way</b> Bonnie Conner Park	
<b>Cheerleading Conditioning</b> San Juan Brady Park	<b>Basketball Conditioning</b> Dawson Park	<b>Cardio Kickboxing</b> Walker Ranch Park	<b>6:30 pm</b> Boot Camp Woodlawn Lake Park		<b>11:00 am</b> Body Pump Rosedale Park	
<b>6:00 pm</b> Circuit Training Collins Garden Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>Walking Group</b> Villa Coronado Park	<b>Cross Training</b> Garza Park		<b>Walk This Way</b> Miller's Pond Park	
<b>Walking Group</b> Villa Coronado Park	<b>Core Rhythm</b> Harlandale Park	<b>Walk This Way</b> Cuellar Park	<b>Interval Training</b> Bonnie Conner Park		<b>Walk This Way</b> Normoyle Park	
<b>Walk This Way</b> Cuellar Park	<b>Bodyweight HIIT</b> Pearsall Park	<b>Walk This Way</b> LBJ Park	<b>Tae Bo</b> Copernicus Park		<b>11:30 am</b> Yoga Dorie Miller	
<b>Youth Circuit Training</b> South Side Lions Park	<b>Cross Fit</b> Highland Park	<b>6:30 pm</b> Boot Camp Garza Park	<b>Walk This Way</b> Copernicus Park		<b>12:00 pm</b> Body Flow Rosedale Park	
<b>6:30 pm</b> Boot Camp Copernicus Park	<b>Zumba</b> Arnold Park	<b>Interval Training</b> Joe Ward Park			<b>1:00 pm</b> Walk This Way Walker Ranch Park	
<b>Boot Camp</b> Garza Park	<b>Walk This Way</b> Walker Ranch Park	<b>Interval Training</b> Dawson Park			<b>3:30 pm</b> Table Tennis Mission Library	
<b>Boot Camp</b> Harlandale Park	<b>6:30 pm</b> Cross Training Garza Park	<b>Zumba</b> Jimmy Flores Park			<b>4:00 pm</b> Meditation Phil Hardberger Park West	
<b>Boot Camp</b> South San Park	<b>Tae Bo</b> Copernicus Park	<b>Body Combat</b> Pittman-Sullivan Park				
<b>Boot Camp</b> Woodlawn Lake Park	<b>Walk This Way</b> Copernicus Park	<b>Walk This Way</b> South Side Lions Park				
<b>Walk This Way</b> Normoyle Park	<b>Speed &amp; Agility</b> Pearsall Park	<b>7:00 pm</b> Body Conditioning Labor Street				
	<b>Interval Training</b> Highland Park	<b>Interval Training</b> Walker Ranch Park				
<b>7:00 pm</b> Interval Training South Side Lions Park	<b>Zumba</b> Harlandale Park	<b>Cycling Group</b> Garza Park				
<b>Yoga</b> Collins Garden Park	<b>Zumba</b> Palm Heights Park					
<b>Cycling Group</b> Garza Park	<b>CIZE Live</b> Enrique Barrera FC					
<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>Walk This Way</b> Miller's Pond Park	<b>7:30 pm</b> Cross Fit Joe Ward Park				
<b>Cross Fit</b> Harlandale Park						



## Weekly Schedule

April 2017

Monday April 17	Tuesday April 18	Wednesday April 19	Thursday April 20	Friday April 21	Saturday April 22	Sunday April 23
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>9:00 am</b> Walk This Way Commander's House Park	<b>8:30 am</b> Circuit Training Panther Springs Park	<b>8:30 am</b> Functional Fitness Lions Field Park	<b>10:00 am</b> Line Dancing Lackland Terrace Park	<b>8:00 am</b> Walk This Way SK South Side Lions Park	<b>9:00 am</b> Trail Run McAllister Park
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>9:30 am</b> Chair Exercises Lackland Terrace Park	<b>Circuit Training</b> Lou Kardon Park	<b>9:00 am</b> Walk This Way Commander's House Park	<b>11:00 am</b> Tai Chi Pan American Library	<b>9:00 am</b> Belly Dancing Berta Almaguer Dance Studio	<b>10:00 am</b> Interval Training Phil Hardberger Park West
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>Stroller Strides</b> Phil Hardberger Park East	<b>9:00 am</b> Trail Running Friedrich Park	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>1:00 pm</b> HERO Bike Group McAllister Park	<b>CYPHER</b> Berta Almaguer Dance Studio	<b>11:00 am</b> Circuit Training Phil Hardberger Park West
<b>Circuit Training</b> Lou Kardon Park	<b>11:00 am</b> Walking/Running Group Enrique Barrera FC	<b>Share the Trails</b> LBJ Park	<b>12:30 pm</b> Adult Low Impact Circuit Granados Park	<b>3:00 pm</b> Yoga Dawson Park	<b>10:00 am</b> Zumba Rosedale Park	<b>Yoga</b> Pan American Library
<b>9:30 am</b> Agility & Stability Pearsall Park	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>10:00 am</b> Adult Intermediate Low Impact Circuit Lackland Terrace Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>5:00 pm</b> Strength Training Cuellar Park	<b>10:30 am</b> Chair Yoga Dorie Miller Park	<b>12:00 pm</b> Yoga Phil Hardberger Park West
<b>Modified Tennis</b> Granados Park	<b>12:30 pm</b> Adult Low Impact Circuit Granados Park	<b>11:00 am</b> Adult Low Impact Circuit Lackland Terrace Park	<b>5:00 pm</b> Basketball Conditioning Woodlawn Lake Park	<b>6:00 pm</b> Body Conditioning Cuellar Park	<b>11:00 am</b> Body Pump Rosedale Park	<b>2:00 pm</b> Body Combat Mays YMCA at Potranco
<b>10:00 am</b> Low Impact Circuit Parman Library	<b>1:00 pm</b> Table Tennis Mission Library	<b>12:30 pm</b> Belly Dancing Granados Park	<b>5:15 pm</b> Walk This Way Woodlawn Lake Park	<b>Zumba</b> O.P. Schnabel Park	<b>11:30 am</b> Yoga Dorie Miller	
<b>Social Walk</b> Lackland Terrace Park	<b>2:30 pm</b> Belly Dancing Commander's House	<b>1:30 pm</b> Caribe Rico Moderno Granados Park	<b>5:30 pm</b> Circuit Training Bonnie Conner Park		<b>12:00 pm</b> Body Flow Rosedale Park	
<b>RoTenGo Seniors</b> Hemisfair Park	<b>5:30 pm</b> Zumba Denver Heights	<b>5:00 pm</b> Sports Conditioning Normoyle Park	<b>Bailar es Vivir</b> Enrique Barrera FC		<b>3:30 pm</b> Table Tennis Mission Library	
<b>10:30 am</b> Adult Pickleball Granados Park	<b>Belly Dancing</b> Lions Field Park	<b>5:30 pm</b> Boot Camp Travis Park	<b>6:00 pm</b> Core Rhythm South Side Lions Park		<b>4:00 pm</b> Meditation Phil Hardberger Park West	
<b>1:00 pm</b> Endurance Run McAllister Park	<b>Bailar es Vivir</b> Enrique Barrera FC	<b>Youth Speed &amp; Agility</b> Dawson Park	<b>6:30 pm</b> Beginner Tennis McFarlin Tennis Center			
<b>5:00 pm</b> Disc Golf Pearsall Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>Cheerleading Conditioning</b> Palm Heights Park	<b>6:30 pm</b> Boot Camp Woodlawn Lake Park			
<b>5:15 pm</b> Walk This Way Woodlawn Lake Park	<b>Core Rhythm</b> Harlandale Park	<b>6:00 pm</b> Yoga LBJ Park	<b>Cross Training</b> Garza Park			
<b>5:30 pm</b> Walk This Way Bonnie Conner Park	<b>Bodyweight HIIT</b> Pearsall Park	<b>Zumba</b> Cuellar Park	<b>Interval Training</b> Bonnie Conner Park			
<b>Cheerleading Conditioning</b> San Juan Brady Park	<b>Cross Fit</b> Highland Park	<b>Cardio Kickboxing</b> Walker Ranch Park	<b>Tae Bo</b> Copernicus Park			
<b>6:00 pm</b> Circuit Training Collins Garden Park	<b>Zumba</b> Arnold Park	<b>Walking Group</b> Villa Coronado Park	<b>Walk This Way</b> Copernicus Park			
<b>Walking Group</b> Villa Coronado Park	<b>Walk This Way</b> Walker Ranch Park	<b>Walk This Way</b> Cuellar Park	<b>Walk This Way</b> LBJ Park			
<b>Walk This Way</b> Cuellar Park	<b>6:30 pm</b> Cross Training Garza Park	<b>Walk This Way</b> Garza Park	<b>6:30 pm</b> Interval Training Joe Ward Park			
<b>Youth Circuit Training</b> South Side Lions Park	<b>Zumba</b> Garza Park	<b>Interval Training</b> Dawson Park	<b>Interval Training</b> Dawson Park			
<b>6:30 pm</b> Boot Camp Copernicus Park	<b>Caribe Rico Moderno</b> Lions Field Park	<b>Zumba</b> Jimmy Flores Park	<b>Body Combat</b> Pittman-Sullivan Park			
<b>Boot Camp</b> Garza Park	<b>Tae Bo</b> Copernicus Park	<b>Body Combat</b> Pittman-Sullivan Park	<b>Walk This Way</b> South Side Lions Park			
<b>Boot Camp</b> Harlandale Park	<b>Walk This Way</b> Copernicus Park	<b>Walk This Way</b> South Side Lions Park	<b>7:00pm</b> Bodyweight HIIT Enrique Barrera FC			
<b>Boot Camp</b> Woodlawn Lake Park	<b>Speed &amp; Agility</b> Pearsall Park	<b>Body Conditioning</b> Labor Street	<b>Zumba</b> South Side Lions Park			
<b>Walk This Way</b> Normoyle Park	<b>Interval Training</b> Highland Park	<b>Interval Training</b> Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park			
<b>7:00 pm</b> Interval Training South Side Lions Park	<b>Zumba</b> Harlandale Park	<b>Cycling Group</b> Garza Park				
<b>Yoga</b> Collins Garden Park	<b>Zumba</b> Palm Heights Park					
<b>Cycling Group</b> Garza Park	<b>CIZE Live</b> Enrique Barrera FC					
	<b>Walk This Way</b> Miller's Pond Park					
<b>7:30 pm</b> Interval Training Woodlawn Lake Park						
<b>Cross Fit</b> Harlandale Park						

# Weekly Schedule

April 2017

Monday April 24	Tuesday April 25	Wednesday April 26	Thursday April 27	Friday April 28	Saturday April 29	Sunday April 30
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>9:00 am</b> Walking Group Commander's House Park	<b>8:30 am</b> Circuit Training Panther Springs Park	<b>8:30 am</b> Functional Fitness Lions Field Park	<b>1:00 pm</b> HERO Bike Group McAllister Park	<b>8:00 am</b> Energy Circuit Phil Hardberger Park East	<b>9:00 am</b> Trail Ruck McAllister Park
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>9:30 am</b> Chair Exercises Lackland Terrace Park	<b>9:00 am</b> Circuit Training Lou Kardon Park	<b>9:00 am</b> Walking Group Commander's House Park	<b>6:00 pm</b> Zumba O.P. Schnabel Park	<b>9:00 am</b> Interval Training Phil Hardberger Park East	<b>10:00 am</b> Interval Training Phil Hardberger Park West
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>11:00 am</b> Stroller Strides Phil Hardberger Park East	<b>10:00 am</b> Adult Intermediate Low Impact Circuit Lackland Terrace Park	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>12:30 pm</b> Adult Low Impact Circuit Granados Park	<b>11:00 am</b> Cross Fit McAllister Park	<b>11:00 am</b> Circuit Training Phil Hardberger Park West
<b>9:30 am</b> Agility & Stability Pearsall Park	<b>11:30 am</b> Walking/Running Group Enrique Barrera FC	<b>11:00 am</b> Adult Low Impact Circuit Lackland Terrace Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>5:00 pm</b> Basketball Conditioning Woodlawn Lake Park	<b>10:00 am</b> Zumba McAllister Park	<b>12:00 pm</b> Yoga Pan American Library
<b>10:00 am</b> Modified Tennis Granados Park	<b>12:30 pm</b> Aqua Fitness SA Natatorium	<b>12:30 pm</b> Belly Dancing Granados Park	<b>5:30 pm</b> Circuit Training Bonnie Conner Park	<b>6:00 pm</b> Core Rhythm South Side Lions Park	<b>10:30 am</b> Chair Yoga Dorie Miller Park	<b>2:00 pm</b> Body Combat Mays YMCA at Potranco
<b>10:30 am</b> Low Impact Circuit Parman Library	<b>1:00 pm</b> Adult Low Impact Circuit Granados Park	<b>1:30 pm</b> Caribe Rico Moderno Granados Park	<b>6:30 pm</b> Bailar es Vivir Enrique Barrera FC	<b>7:00 pm</b> Bodyweight HIIT Enrique Barrera FC	<b>11:00 am</b> Circuit Training McAllister Park	
<b>1:00 pm</b> Social Walk Lackland Terrace Park	<b>2:30 pm</b> RoTenGo Seniors Hemisfair Park	<b>5:00 pm</b> Sports Conditioning Normoyle Park	<b>7:30 pm</b> Walking Group Woodlawn Lake Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>11:30 am</b> Body Pump Rosedale Park	
<b>1:30 pm</b> Adult Pickleball Granados Park	<b>5:00 pm</b> Yoga Cuellar Park	<b>5:30 pm</b> Boot Camp Travis Park	<b>8:00 pm</b> Core Rhythm South Side Lions Park		<b>12:00 pm</b> Yoga Dorie Miller	
<b>5:00 pm</b> Endurance Run McAllister Park	<b>5:30 pm</b> Disc Golf Pearsall Park	<b>6:00 pm</b> Youth Speed & Agility Dawson Park	<b>8:30 pm</b> Zumba Denver Heights		<b>3:30 pm</b> Body Flow Rosedale Park	
<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>6:00 pm</b> Zumba Denver Heights	<b>6:30 pm</b> Cheerleading Conditioning Palm Heights Park	<b>9:00 pm</b> Belly Dancing Lions Field Park		<b>4:00 pm</b> Table Tennis Mission Library	
<b>6:00 pm</b> Cheerleading Conditioning San Juan Brady Park	<b>6:30 pm</b> Bailar es Vivir Enrique Barrera FC	<b>7:00 pm</b> Basketball Conditioning Copernicus Park	<b>10:00 pm</b> Baskar es Vivir Enrique Barrera FC		<b>4:30 pm</b> Meditation Phil Hardberger Park West	
<b>6:30 pm</b> Circuit Training Collins Garden Park	<b>7:00 pm</b> Basketball Conditioning Dawson Park	<b>7:30 pm</b> Yoga LBJ Park	<b>10:30 pm</b> Interval Training Bonnie Conner Park			
<b>7:00 pm</b> Walking Group Villa Coronado Park	<b>7:30 pm</b> Circuit Training Enrique Barrera FC	<b>8:00 pm</b> Zumba Cuellar Park	<b>11:00 pm</b> Tae Bo Copernicus Park			
<b>7:30 pm</b> Youth Circuit Training South Side Lions Park	<b>8:00 pm</b> Core Rhythm Harlandale Park	<b>8:30 pm</b> Cardio Kickboxing Walker Ranch Park				
<b>8:00 pm</b> Boot Camp Copernicus Park	<b>8:30 pm</b> Bodyweight HIIT Pearsall Park	<b>9:00 pm</b> Walking Group Villa Coronado Park				
<b>8:30 pm</b> Boot Camp Garza Park	<b>9:00 pm</b> Cross Fit Highland Park	<b>9:30 pm</b> Walking Group South Side Lions Park				
<b>9:00 pm</b> Boot Camp Harlandale Park	<b>9:30 pm</b> Zumba Arnold Park	<b>10:00 pm</b> Boot Camp Garza Park				
<b>9:30 pm</b> Boot Camp South San Park	<b>10:00 pm</b> Interval Training Joe Ward Park	<b>10:30 pm</b> Interval Training Dawson Park				
<b>10:00 pm</b> Boot Camp Woodlawn Lake Park	<b>10:30 pm</b> Interval Training Garza Park	<b>11:00 pm</b> Zumba Jimmy Flores Park				
<b>10:30 pm</b> Interval Training South Side Lions Park	<b>11:00 pm</b> Zumba Garza Park	<b>11:30 pm</b> Body Combat Pittman-Sullivan Park				
<b>11:00 pm</b> Yoga Collins Garden Park	<b>11:30 pm</b> Caribe Rico Moderno Lions Field Park	<b>12:00 pm</b> Body Conditioning Labor Street				
<b>11:30 pm</b> Cycling Group Garza Park	<b>12:00 pm</b> Tae Bo Copernicus Park	<b>12:30 pm</b> Interval Training Walker Ranch Park				
<b>12:00 pm</b> Interval Training Woodlawn Lake Park	<b>12:30 pm</b> Speed & Agility Pearsall Park	<b>1:00 pm</b> Cycling Group Garza Park				
<b>12:30 pm</b> Cross Fit Harlandale Park	<b>1:00 pm</b> Interval Training Highland Park	<b>1:30 pm</b> Cross Fit Joe Ward Park				
	<b>1:30 pm</b> Zumba Harlandale Park					
	<b>2:00 pm</b> Zumba Palm Heights Park					